

a rheume pill 1
against f stone 2
Against a flux or weakening of back 3
A drink for y sickness



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The Bequest of CLEMENTS COLLARD FRY

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Cent

Arkumc pill wh^{ch} is good to the recovery of
y^e toughe of y^e lungs or in any kind
of consumption or rheume

Take a handfull of Colts-foot: 10 of y^e tops of unset
kissop: of maiden-haire 2, of rosemary-flowers 2
being picked & cleansed from y^e huske: you must
wipe them ^{in a} clea drie cloth (but in no case wash
them) & rub all y^e cotton clean from y^e colts-foot
then stamp & strain them altogether wth a
pint of y^e same water: then take halfe a pound of
of powder of lycorrhice finely beaten & searred,
& well dried: Boile all these together a quarter
of an houre: then straine it, put thereto a of white
or brown suger candy finely beaten; & 3 quarters
of a of y^e powder of lycorrhice: then boile it
till it be, as thick as past; then mould it up
wth some powder of lycorrhice into long small
rolles then put them into a warm stove or oven
to drie: & when you will use it make it into
pills rolle them in powder of lycorrhice take one
of them & hold it in y^e mouth to dissolve you must
use it very oft betwene meals

2

~~Take 10 of y^e tops of y^e colts-foot & y^e tops of y^e kissop~~

to stop bleeding

take flax & dip it in egg white & then
scrape, boile a marrow on it &
clase it to y^e parties forhead & it is
present remedy

Spirit of clary

Take a gallon of sack a pint of the juice of
Clary one handfull of Clary flours of Arke
angel flowers the like quantity is of comfey
flours the same wth ¹⁰⁰ handfull of clove
Gilliflowrs Let thees all steepe in y^e
Sack a night, then put it in a glas
still if it bee larg twill hold y^e whol
quantity luteing y^e still very close
wth paste

it is good for all weakneses in the
Liver prevent fumes & vapors
it heats not nor inflames

2 Against the stone

Take the yolckes of two eggs, and beate them
wth a little whitewine, or Ale, then mixenth them
three spoonfulls of fyne honny. If it be Clarified
wth a little Ginger. it is much the better. in respect
y^t honny in it selfe is windy. drincke this three
mornings together, in whitewine. or Ale, wth a little
nuttmeger thin shaven wth a knife. To Clarifye
the honny putt some sliced Ginger into it, and
give it gently one boyle upon the fyre
to take of the skumme & it is done.

3 A Remedy against any fluxe or weaknesse in the backe.

Take 22 yolckes of eggs, Take away y^e strins
and all white from them, take a pound of
fyne flower, and make it into a paist wth
the eggs yolckes onely to w^{ch} 22 nuttmeggs,
and close them up in the paist, & bake this
in an oven, till it be very hard and drye,
but not burnt, butt that it may be beaten
to powder when it is colde then fyndly

Swallow it, and of this take a spoonfull, three
mornings together, or so much longer
as cause shall require, in made ale, burnt
wine, posset drinks, or what other drink
or broth you please, and when you first
begin to take this powder, Lay a plaster
of new soft Rosh wax upon y^e navell
the breadth of the palme of y^e hand.

So make a soare cloth very beneficiall
against aches, strains, or Bruises

Take a pint of the best sallad oyle,
halfe a pound of Red Lead in fyne powder
Boyle these in a skillett upon a very slow
fyre, and continuall stirring wth a stick
to prevent the Lead from settling to the
bottom: and a constant care that in the
beginning, especially it catch not fyre
and it is to be continued boylings, till
it begin to be black, then drapp some
of it into cold water, & if y^e presently
grow hard, it is boyled enough, then
drapp in itt as much outt hollow one peeces
after another, as will crincke it all upp

and hang each peere spread upon a stick
in some coole roome, till they be perfectly drow
then smother them on both sides, wth a knife, being
spread upon a cloth upon a table, and then
you may volve them up with a peere of white
paper, betwixt att y^r. pleasure, and apply a
peere of this to y^r. place of wound. and at 24
houres end tounne it wth a shaw cloth, & cover
it wth a peere of white paper. and at 24 houres
end more take it away & lay a new peere
Soe long as neede shall require.

5 for a crush or bruise

Take some German powder panned in a mortar
and mixe it with a little honny & being heated
in a shellst. Lay it to the crush or bruise
as hott as you may abide

6 To stopp Bleeding at the nose

Take of nettles, Arsons woodruffe sheaphords
purse, about halfe a handfull or more in all,
wth being well bruised straind it into posset
drinke and giue it to the blooder wth
at going to Bedd.

7 For to ritt outt a thorne, or.
any thinge y^t sticks fast in
the flesh, —

Take the roots and tops of a smoth shiffell
wth a little rozen honny & the yolke of an egge.
and lay it to the place that hath any
thing fast in it, first hausing beaten them
all together. § 2.

Oyle of moales. a most excellent
remedy agaynst the Goutt. Syatica
and any such like paynes.

8 To make the oyle
gett an earthen pott in the forme of
the crowne of an hatt; another pott not
soo deepe not soo widd, butt as it may
hange in the top of the first hausing
holes in itt like a Colander. & Brims
wherby to hange on the topp of the
grated pott. then gitt soo many moales
as the colander pott will containe take
of their skyns, and draw out their

Bowels. then putt their quarters into the
said pott. and putt a wollen cloth throo tyms
double close upon the topp of the potts
and sett them a yard and a halfe doore
(to the topp of them) into the earth
and lett them soe stand six weekes
and in that tyme a fyre of fyre will bee
collected from them into the great pott. w^{ch}
putt up and loope in a glasse and annoynt
any place pained therewith. bala

for y^e green
Take stone horraday & oile of camomile fry them
together & apply them to y^e place offendid as hot
as you can

10 for a red pimpled face
Take $\frac{1}{2}$ a pint of sack, 30. raisins of y^e sun stoned
some ginger sliced. mull it & drink y^e sack & eat
y^e raisins in y^e morning fasting. doe this for 3 or 4
mornings or a week together then intermit for
time & doe it againe in like manner

11. for an ague
Take a spoonfull of suger 2 spoonfulls quantity 3
spoonfulls of iucc of lemons mingle all these together
or give y^e party $\frac{1}{2}$ an houre before y^e fit

12 for a sore cough

take a great onion, cut off at the stalk end
a slice to make a case for it then ~~make~~
pick out the middle of the onion, & hollow it out
so as to leave a good shell round about fill
it with good salt-oile, & as much beaten
pepper And as much paper as will lay upon
a great when you have onion is well roasted
dressed it with more oyle, and salt & eat it
all night when you go to bed

5 If Phlegm be in the Lungs, or the
of the coughs of the Lungs, or in
any kind of Consumption, or Phlegm
Take of Handfulls of Telly-foot, 10 of the
leaves of Wensell hyssop, of Maiden hair, &
of Rhenish flowers, 2 being pickt and
cleansed from the husk you must wipe
these herbs in a cleane dry cloth but
in no case wash them & rubb all the
cotton cleane from the colts: foot then
stamp and straine them all together with
a pint of hyssop water then take halfe a
pound of the powder of Lycorrhia & Syntle
beared, and well dryed Boile all these
together a quarter of an houre then
straine it, and putt thereto, a pound of

white, or browne sugar, Candy, finely
beaten. & 3 quarters of a pound of the powder
of Lycoriz. Then boyle it, till it be as thin
as paste. then mould it up with some powder
of Lycoriz. into long small roalles. Then
putt it into some warme stove, or oven to
drye: and when you will use it, make it
into pills of the bignesse of a great pea
rollede in the powder of the Litchoriz, take
one of them and hold it in y^e mouth and it
will dissolve like sugar. Candy you may
use it more often betwixt meales.

14 Walnutt water good for the Drooping
or palsy.

Take Walnuts the first of June, beat them &
distill them in a cold still, and keepe it by
it selfe. Take walnuts the 21th of June &
doe againe wth them as y^e first. Take walnuts
y^e 1st of July & doe soe againe of each
of these waters take one pint, and mingle
them, & distill them in a glasse still, &
keepe it. A drop of this in a basin of water
will turne as white as milk & it cureth the

the Dropsey, & palsey, one spoonfull in a
draught of white wine fasting. It is good
for the Disease of the eyes & morphe
cleaneth y^e face, causeth sleepe, if you
wash y^e temples of y^e head wth it, and drinke
in a little wine is good for many infirmities.

15 Oyle of y^e froggs

Take a good number of small yellow froggs
putt them into an earthen pott. then putt
to them as much good sallott oyle as will
almost cover them. and throw in almost
halfe a handfull of salt. then close up
the pott wth paste: and sett it in an oven wth
brown bread: when you take it out again
strain it through a cloth to free the oyle
from bones, or hard knots, then putt it
into a pott or a glasse. It is very good for
all manner of aches. being chaffed upon
the place affected wth a warm hand
before the fyre morning or evening.

16 How to make salve water
Take a handfull of St. Johns-wort. & of
Red sage, & of salondine, & of prunella
& of Sanicle, & of plantain, & of Hyssop,
& of Riber. flowers, & of Rosemary, & of Camfrey
& of Red Rose Budds, & of Smock foil, & of
Fetwell, & of valerian, & of Smalago, & of
wild Gasy-roots, & of parbo-grass, & of Balm,
& of Colombine leaves, & of Bistony, & of Saton
leaves, & of Bramble leaves, & of Camomile,
and & of wormwood wth a peck of honey suckels
pickt from the knere. all these leaves must
be washed & pickt from the stalks. butt
the honey suckels not washed and putt them
in a brass-pott wth 4 gallons of running
water, then lett them boyle till its boyled
away a good part, covered close wth a puther
disk, then strain them out wth a colander
into a stone pott, the herbes being well
crushed: then y^e next day putt them into
the brass pott againe, sett them on the
fire, and putt therein six pynets of the
best honey, and one peny worth of

Long pepper bruised, 2 ounces of madder-
roots, a quarter of a pound of Allum almost
sooth all these together till it be boiled
a quarter away, then pour it out into a
stone pott, so lett it settle: then take
of y^e clearest of it, & putt it into glasses and
keep y^e bottom by it selfe it is good for to wash
any sore, or wound, or for y^e canker, or for
stinking breath; It cannot be made but in
may the latter end of y^e month: the pot must
be very close & you must boile it as fast as you
can, being close covered.

17 It Cordiall water.

Take a gallon of white wine vinegar; &
large handfulls of wormwood, and as many
of each of these as followeth, viz. southernwood
serrin, maqworth, motherwort, Rnd, valer-
rian & staslica; steep all these herbes
in the vinegar 8 dayes: then still them
in a glass still If you can, in soft shirif
in an ordinary still, the herbes being
stilled, you must take the same quantity
of these herbes againe and steep them
in the said water 8 dayes againe: thus
must you doe 3 tymes and when you

have soe done, Last of all you must
still y^e water over againe: allowing
a ounce of mithridate to every quart
of water

This water cannot be well made
but in may.

18 A drink for the Rickets.

Take of Ceruach, maidenhaire, hyswort
Havjtrunus, Camariske, of each one handfull
a fewe Asmand roots, a stick of Litara, and
a quarter of a spoonfull of Hornisecles, brew
these to make aboute a gallon of middling
ale, after foure daies it may be drunk
of. you shall take the cleere of Asmond roots
and boyle them in any thing the child takes

19 The oylment for the Rickets.

Take of Ammanide, saltstoe, solerose
The hooft, othorne called, hyshe, penivyall
of eijther alike quantity cleane picked and
minced, & weighted wth so much sweet butter
boyle it three houres softly, and put vnto it
three or foure flakes of long mace then

stroind it, annoynto the sydes. bellies
and outsyds of the Legg.

20

To make Syrup of clove Julyflowers

Take a good quantity of the great red clove
Julyflowers. And distill them wth out burning.

In a quart of the distilled water. infuse,
one pound of the pure flowers. of the same
kind. (the water being first made scalding
hott., but not to boyle in an earthen pip.)
wool stirred downe with a silver spoon. Lett
them stand close covered 12 houres then
strain out the liquor. hard wth a press.

To a quart of this infusion take 4 pounds
of double refined sugar, and sett it in a
silver or pewster flagon. in boiling water
till the sugar be dissolved, taking off y^e
skum as it riseth.

All the whites of the Julyflowers (as
well those w^{ch} are to be distilled as
those which are to be infused) must be
elipt off.

If the infusion be made twice, or
stirred over in the same liquor it
will be much the better.

21 - For the Jaundice

Take 20 great garden worms, scour
them wth salt. Split them & wash them in
white wine. Beat them in a quart of white
wine to a pint. Then add to it 3 penny worth
of saffron & sweeten it wth loaf sugar.
Take 3 spoonfulls of it warme 3 times a day
morning and as much last at night.

22 To stop the bleeding of a wound & to heal it
Take oylbane 3j. Aloes 3j. Colt maid
into fyne powder add thereto some of the
soft hairs or down of a hard shroed
smale Incorporate altogether wth the white
of an egge and Lay it on the wound so lett
it lyell 3 or 4 days, when you woud take
it off temper the white of an egge with
oyle of Rose and apply it till the flesh be
there wth softened. Then take it gently off
& if the wound be not healed, use either the
same againe, or any other healing playster

23 An approved playster for the syatica.

Take pitch and Rosin, of each 2 pound beaton
into powder & searced.

Frankingsones bruised 3^{lb}

Schoops sweet 1^{lb}

Saffron in powder 2^{ou}z

Mace and cloved finely beaton 3^{ou}z

Cumin seeds finely beaton & searced 2^{lb}

Labdanum finely beaton and searced 3^{ou}z

First dissolve the sweet, Rosin & frankincense

when they are dissolved, put in the pitch

as that being dissolved, put in the spices.

When added the cumin seeds & Labdanum

So make it a playster.

Spread it upon Leather halfe an inch
thicke apply it to the sole of the foot & lett
it continue on 20 days.

th.
in 10 or 12 days. after it is laid on it
will draw down the humor so that you
will thinke you god wotts how.

24 th most Excellent Playster for
the stomack

Red Lead 8 ^{ou}z white Lead 4 ^{ou}z. beat them
as small as you can then take 1 pint of oyle of
olive, 5 ^{ou}z of castile sopo, slice the sopo very
thin then boyle the oyle & sopo untill
it be melted, then putt in the Red and white
Lead and soe stir them continually, and
when it turns greenish, then drop it on a
coole fron, and if it come of about sticking
and will snap & breake in sunder, then take
1 ^{ou}z of oyle, of Bay 2 ^{ou}z or 3 ^{ou}z of hoggs
grease stir it well together. with the stuffe
then take it from the fyre and dipp cloths
to make sea cloths or make it upp in vovles
This playster being layd upon the stomack
increaseth appetite and taketh away paine
theire being layd on the belly it healeth
the collicke presently it healeth all swelling
& bruises. taketh away aches, pufkes, felloes
taketh away any running humors. wth out
broaking y^e skin it is excellent for any old
spraine or Lymbs y^e hand bound out of joint
all these hand beane often proved

25 In oyle or Balsome of great vertue

Take a quart of Gallott oyl. & putt to it a quart
of cleare spring water & put into a pipkin &
stir them well together: then add to them
of Liquid storax six ounce, & of Venice turpentine
4 ounce, & lett them stand infusing all night
& then putt into them of rose water, & plantain
water, of each of them a pony worth & of
y^e oyle of hyppociron $\frac{1}{2}$ ounce then take an
other pipkin & into it putt of yellow wax
 $\frac{1}{2}$ lb of Dragons blood 6 ponyworth, of rosemary
sweet marjoram & hyssop of each of them
about a small handfull, Then sett these 2
pipkins on a soft fire, & lett them boyle
discreetly, for y^e space of an houre over a fire
stirring them, & when they have boyled an
houre, putt them altogether into y^e first
pipkin wherein you did first putt y^e Liquid
ingredients: & stir them together & lett them
all boyle together halfe a doz walms: then
last of all add to all these of red sanders
6 ponyworth, & of naturall Balsome,
2 ounce and lett these also boyle wth them

2 or 3 malms more, then take it off
fyr & strain it, through a linnen cloth
into some galley potts. Lett it stand till it
be coold, then cutt it to the bottome with
a knife. Lett y^e water run from it. wh
you may pourd of from the Balsome into
some glasse, & keep it by it selfe & use it to
anyht sore eyes with or any sore about y^e
boddy then melt y^e Balsome againe & after
putt it againe in y^e galley pott & keep it for
use.

The ingredients as before are

Gallott oyle a quart
spring water a quart
Liquid storax 6 ouz
Venice Turpentine 4 ouz
Rosh water 2 penny worth
plantan water 2 penny worth
oyle of hypericon 1 ouz
yellow wax 1 lb
Dragons blood 6 penny worth
Roshmary sweat 2 penny worth
Bayes of each of them 2 hand fulls
Red Sanders 6 penny worth
naturall Balsome 1 ouz

The vertue. It is good to heal a wound y^ether
outward or inward: being squished warm
into y^e wound & applyed wth fine ~~flax~~ lint of
Linnen annoynting also y^e parts shewabout
It not only taketh away y^e paine butt
keepeth y^e wound from inflammation and
draweth forth also y^e broken bones, or any
other thing it might foster or putrefy it,
so yt y^e paine, or inwards as y^e hart, liver,
or guts, be not touched. It will heal a
wound in 4 or 5 tymes dressing, so yt no
other thing be applyed thereto. It healeth
any bruise or cut, if first it be annoynted
wth y^e oyle warmed dipping therein a
peice of linnen cloth or lint. & applying
it to y^e place grievous thus doing it will
heal it wth out any scar remaining. It
cureth y^e fistula or blister, be it never so
deep in any part of y^e body, being applyed
as aforesd. for a cutt. It is good against cankers
being also used as for a cutt, but it will requyre
longer tyme to helpe it. It healeth any
burning or scalding, either by fyre water
or any other meanes. It helpeth y^e head ake
by annoynting y^e temples or head therewth.

It is good against y^e wind collicke or stick y^e
side, applyed thereto, warme wth hott clothes
using it for 4 mornings together, applying
every morning a quarter of an ounce. It taketh
away any paine, or griefe y^e goodly by reason
of cold, catarrh or aches in y^e bones. For sinewes
applying it as aforesaid, for y^e collicke, It helpeth
digestion annoynting y^e stomacke & navill
therewth. when y^e party goeth to bed, It is good
against a consumption, or cough of y^e Lungs
taking a little of it, in a little sack warmed,
or you may take y^e quantity of a nutmeg
of it, & make it into 4 pills, rowled in sugar
& take of them first in y^e morning & last at
night, as it is this way taken good also, against
a consumption, or cough. It is good for one
infected wth y^e plague, small pox, measles, or
other such infectious diseases: soe it be presently
taken in warme broth, y^e quantity of an ounce
4 mornings together & sweat upon it, and
if one not yett infected for y^e plague
lett him only annoynt his nostrils and
lips therewth. in y^e morning before he goeth

abroad, as it is a very good Antidote, or
preservative against it, It is good against
poyson, & helpeth in a surfit, taking y^e
quantity of an ounce in a litle sack warmed.
It helpeth against y^e biting of snakes,
adders, or vipers, being drunk in warme
milke; and lastly it keepeth one from vermin
or Lice annoynting y^e head therewith.

For other way to make this Balsom
wth y^e addition of mummy to it

Take of oyle olive lb pound, of yellow wax
1^{lb} of Venice turpentine 4 ounces of Liquid
storax 6 ounces, of y^e oyle of hypericon 1 ounce
of naturall Balsome & of mummy of each
of them also 1 ounce, of rose water and
plantain water, of each of them an ounce
of red sanders an ounce & a half of Dragons blood
2 ounces, of rosemary, sweet margerom & bayes
of each of them a great handfull. Compound
it thus: first put y^e yellow wax, y^e Dragons

blood into a pipkin, as also y^e mummy: & sett
them on a soft fire, & lett them boyle very
loisurably, then putt into an other pipkin,
y^e oyle olive, y^e venis turpentine, y^e oyle of hipocrist
& liquid storax & a quart of spring water, wherein
 hath beane boyled before, y^e rose water & plantain
water, y^e sweet marjoram, y^e rosemary and bayes:
& boyle those about a quarter of an houre, then
take them of y^e fyre, and putt them all together
into one pipkin and after this putt in y^e naturall
balsome, & y^e red sanders, stir them well together
giving them a walnut. or two, over y^e fyre
then straine them all together into a pan and
lett it stand till it be cold, then take y^e water
from it, & melt it againe & then putt it up
into gally potts, for y^e use.

26 A very good yellow salve
Take of fyne resin [℥] 4 of way, doer suet, and
y^e vanikin tinge, of each of them a quarter of
apound & of masticke an ounce melt all those
upon an oyle fyre, straine them through

a thin cloth, into an earthen pipkin, & then
putt thereto 3 pints of white wine, and lett
them gently boyle together, 4 or 5 hours
untill all y^e wine be consumed, then stirring
them, then putt thereto 4 oz of olibanum,
mace & clove powder: 2 drams of Camphire, &
4 oz of turpentine: mingle them altogether
& lett them boyle a little while, then putt it
into a pan, alwayes stirring it till it be
~~boiled~~ cold then wound it up into woules
The vertues this salve is good for new
wounds, for aches, or goutes, in y^e ioynts
for wronches in y^e ioynts, for y^e flux
of y^e belly, being applyed plaister wise, on
y^e navill: for deafnesse being made
into tents & putt into y^e eare.

26 A yellow covercloth good against
any pain or swelling
Take a pound of fyne rosin of franchine
halfe a pound of wax halfe a pound of

won'te turpentine a quarter of a pound
of oyle of bayes, oyle of populear, oyle
of spike, oyle of camomile, & oyle of roses
or dash of them & our melt them altogether
on an easy fyre, & stir them well
together, then take it of y^e fyre and
dry linnen clothes, shewin' & dy^e y^e cord
in clothes as you have occasion y^e more oyle
you use y^e more supple y^e cord cloth
& y^e less oyle you use y^e more stiffe
it will be.

A Receipt for y^e Scurvy
Take Rue feverfew, strawberry leaves, wallwind leaves
red sage, five finger grass, of each a large handfull
stamp them & put to them one quart of ~~small~~
strong beer or ale, let them stand thus an
hour then strain y^e liquor out & to y^e rest 3 or
4 spoonfull of English Tonger & of burnt alum
as much as a walnut with half a spoonfull of
salt boyle it up close & it will last good 7 or 8
days

Take of this in a morning fasting & at 4 a clock
in afternoon ~~by~~ spoonfull at a time walk after
it, & neither eat y^r drink till 2 hours after,
shake y^e bottle well every time you take it, y^e alum
must be rather small

27 For a Bruise Strayne et paine
in the backe, also good against
consumption or Cough & Lunges.

Take 4 quarts of Ale, put into it a
pinie of whole Barly well washed &
pickt, a handfull of Ivy-leaves from
an crotch, liquoras 2 Ounces, Anniseeds
one Ounce, Saffron 2 penny-worth,
Mace & Ginger of each a penny-
worth; bruse your Spices & seeds
lightly, sett them on a gentle fire,
& boyle them till a third part be Con-
sumed, Straine it into a cleane pott,
& when it is cold, keepe it Covered.
Let the patient drink of it morning
& Evening, & at 4 of the Clock or
10. Spoonfulls at a time.
It will keepe good about a weeke.
This hath knit broken Rices, and
Cured many inward bruises.

28 To make elcompraine Lozings.

Take elcompraine roots. (if best you can
gett) pare & slice them thin, putt
them into a bason of running water
change them twice a day for seven
days. then putt them into a still
and cover them wth water so boyle them
in three waters. (about an houre in each)
then grinde them in a good faired
mortar, and rubb^g pulp through a hair
sieve & if strings may be kept out. To
every pound putt 3^{lb} of double refined
sugar. and boyle them untill they be
thick. then take 2 grains of musk
dissolved in a little Damask, Rose water
putt in y^e musk, lett it boyle a while.
then add six spoonfulls more of the
same Rose water. And after it hath
boyled a while take it by quick
(least it grow lumpy) Laying it by
spoonfulls on a fire plate so drye them
in an oven untill they be hard

butt have a care y^e oven be not to Rott
22 of conserved of Roses, —

Take Red Rose Buds (not blowne, to
much) clip off y^e whites, putt a pound of
them into a cleane Stillat. w. a pint
of fayre water. Keep them with stirring
upon a moderate fyre till y^e water be
consumed: then take them out & grind
them very small in a mortar, w. a pound
of halfe of sugar beaten fyne, (putting
a proportionable quantity of y^e salt as into
a mortar. fyre it then a quantity of y^e rose
to be ground w. it) This done putt them
into a deep Dish w. another pound of
of sugar beaten fyne also so keep them
w. stirring till they be thicke & having
a care they do not burn too thicke
then putt them into pots

Take London. treacle, spread it upon white
 leather well aged & lay it about
 10 inches in length, & 8 in breadth & spread
 it within an inch of y^e sides & lay it to y^e
 pit of y^e stomack 2 hours before y^e fit
 comes then halfe an hour before
 y^e fit comes, take a pint of cleare
 ale, & boyle in it halfe an ounce, of
 hartshorne powder, put into y^e or 4. pen-
 fulls of this possit ale, a spoonfull of syrup
 of clove gillid flowers well mingled with
 it, and drinke it, and halfe an hour
 after doo y^e same, & soe y^e halfe an hour
 this playstor must lye on till y^e next fit
 then anow on & soe thrice, if it be needfull
 if y^e use aglystor the second day it will
 doe well. This is an approved medicine
 for a Tertian, & hath cured some quarters

For a Linen shrouke or straine my
30 Lady Auntes

Take a pottle of oyle of rose, & steep in it
A handfulls. of Red Rose leaves & good handfulls
of y^e hearte Dill wth y^e flowers, a pint
of garden wormes washed very cleane in
water, or while wine then cutt of both
ends of every worme. & putt them to y^e oyle
and boyle them together in a soft fire
till y^e wormes be as dry as a stick then put
in an ounce of beaten masticke, & lett it
boyle a little more; then straine through
a linnen cloth & putt it in a glasse and
keep it for use.

A excellent & approved medicine for
31 The stone

Take a gallon of new milke (if you
can lett it be of a Cow all Red) putt
to it a handfull of pellitorys, wild tynde
sanifrage, parselley, 2 or 3 radish roots, sliced
steep all these in y^e milke one whole night
& next morning distill all with a moderate

good. & best tyme of distilling it is in
June or towards the end of May
of this water. nor is it necessary to put
much of white or water Rhodora wine or
a little sugar & after slices of nutmeg make
it lukewarm. Drink it fasting 3 hours
after using moderate exercise
thru 3 days together every 14 or 15
days especially at the full and want of
the moon or after as need shall require
it nother

Take half a pint of white wine, burn
it in a little ~~liquid~~ sugar, in a burning
to cook the wine, put in half a spoonfull
of salt peter. & bring it to a boil & drink it
as warm as you can in the morning
fasting

32

For a cold

Take a quarter of a pound of French barley
a quarter of a pound of figgs, & so many
of raisins of sun or rather more of figgs
must be sliced and raisins stoned & put

an ounce of anniseeds, and an ounce of
Licorice, and of mardon hure; and colts
foot, and Gensett hyssop, of all a pretty
quantity as you shall thinke fitt 4 or 5
pipins sliced and putt all these into 4
quarts of spring water and mixe them
well together. and boyle it to a furthe water
a quart, then sweaten it wth y^e fine sugar.
or white sugar Candy

33 To make Lin playster for a sore

Take 2 pound and fower ounce of y^e best and
greenest sallit oyle, with a lb of good
Redd Lead, and a lb of white Lead, beat them
well into dust, then take 12 ounce of castile
soppe, incorporate all these well together
in a well glassed & great earthen pott, y^e
y^e soppe may come upward, sett it on a
slow fire of coales the space of 1 hour
and a halfe, always stirring it with,

with an Iron Ball or round pomegranate
then make yours of y^e somewhat big
until it be of y^e colour of oyle then
drop a little on y^e board. If it cleave
neither to y^e hand nor y^e board
then it is enough, then take y^e clothes
and make them into what breadth
or size you please in washing use not
y^e cloth to rough, but of a reasonable
new holland, and when you have dipped
them, then rub them wth a stick stone
it will last two years and y^e better y^e
better, as long as it will stick it is
good

The vertues of Lead playster

If it be laid to y^e stomach it provoketh
Appetite, & taketh away any grief
in y^e same

if laid to y^e belly: it is a good comfort
for y^e ache

3 If laid to y^e sores of y^e Back it cureth
and healeth the bloody flux. the running
of y^e veins next in y^e Liver or

weakness of the Back /
+ it healeth all Prunes and swellings
of the sides, it breaketh colds of
lungs, and other impost humors and
healeth them /

It draweth out any running humour
that breaketh in the skin and coming
~~it draweth out any running humour~~
~~that breaketh in the skin and coming~~
to the same land for y^e head is good for y^e

~~of the head~~
~~it draweth out any running humour~~
~~that breaketh in the skin and coming~~
~~to the same land for y^e head is good for y^e~~

a poultice to make
a proper use also for
fistulas ulcers or any
sores old or new
Take white vitriol 4 ounces
bolcaumen rack 4 ounces
camphire one ounce
first mix the camphire by a scrubbing & en
the rest with a little oil then beat
the rest into a little black soft slakes
mix the camphire, then & direct upon it

cover it wth a white paper, & lay upon it
a sweet wth of weight in it set it in a chafin
dish & kindle small coals about it by degrees
when it is enough you shall perceive it capshut
to stick to it & take it then take it off & if it
stand still it is cold, as it will be as hard
as a stone & you may use it for what you
or beat it wth a boled mercurie very fine & let
seare them. weigh it out into 2 ounces & you may
or every 2 ounce will make a wine quart of water
thus; & give faire running water set it over a
fire & when it boiles take it off & shake it
over in gently. strain it about wth a sieve & when
it is cold, put it in a glasse, & keep it for your use
Use of it

for fistuluse, or sores: shake it & water well
together, & pour out some into a syringe
wherein it is a cloth in it, & wash it wth it
it. then then lay upon it some of the plaister
or cere cloth or of the receipt receivd bag
for sore eyes: do not shake it together
but pour of a little of y^e cleare & mingle it wth
red-rose-water, & drop it into y^e eye when you go
to sleepe after wards you may shake it together
as wash of temples wth it & wetting a cloth 3 or 4
times double lay it upon y^e temples, & bind it wth
all night for fistulas, or cores, if to a pint & a
half or a quart of fair water be added also
half a pint of plantan water it will be of more
effectual;

To make an oylment

Put an ounce of Tobacco two ounces of Allum
small beat, one pint of vinegar into an earthen
pott yt will hold three pints then set y^e pott
on warme embers and let it keepe in the warme
for 12 houers and take heed it shal not
Then take it and straine out y^e Tobacco and put
into y^e pott wth y^e liquor one pound of butter
without salt and halfe a pint of sacke oyle
and halfe a pint of yalquide of sallondine and
lett all boyle together in a soft fire till a fourth
part be consumed then put into a bason or pinter
dish and put to it one spoonfull of y^e flower
of limstone and two spoonfull of Allum
finely beaten steared stire it in wth a spoone
and soo keepe stirring and beating of it till
it be told yt it may take up the liquor —

The vertues of it

It is good for all out breathes and stiches and wounds
and sore legges yt break out in many places ~ ~ ~

An approved Medycine for y^e yellowe Black
jaundise and y^e wind in y^e stomack ~

Take a peck of garden snailles in y^e shells wash them
in beere then cleare y^e chimney and pover out
halfe a buket of Charcoale and sett them on fire
and being thoroughly kyndled make a great hole
in y^e middle of y^e fire and pover in y^e snailles
stattering some of y^e fire among them wth soo lett
them roste in y^e fire soo long as you heare

them make a noise then take them out wth a
knife or a course cloth pick them and wipe all
ye greene froth from them then bruise them
in a stone mortar shob wth all take also a
quart of earth wormes slit them and stowe
them very well wth salt twice over then wash
them and put them in a stone mortar and beat
them to powder, make ye pott very cleane -
upon which you sett your lombard or stick
and take two handfulls of Angolira lay it
on ye bottom of your pott and upon yt 2
handfulls of Islandine putt therein 2
quarts of rosemary flowers at ye least, also
Bearfoote Agrimony red. dore roots ye bark
of ye Charbery wood sorrell and betaine of
each two handfulls Rasse a handfull of rue
fenogreek & Curmearick of each one ounce
well beaten then lay your mailes and wormes
on ye top of all theise herbes, And pover in 2
gallons of ye strongest Ayle cover your pott
and let it stand all night in ye place where
you meane to put fire under it in ye morning
putt in 2 ounces of cloves beaten to powder
of saffron beaten to powder ye weight of 9th
and of very good hartshorne (grated or filed
to powder before it be weighed) 6 ounces you
must not stir it after you have put in your
hartshorne least it goe downe to ye bottom

then sett on your limbeck and stop it wth a peere
of new dough and soo receive yo^r water in pintes
as you doo any other water you may receive 6
pintes or something more. yo^r first is yo^r strong^{est}
& must be kept by it selfe and soo by degrees
the smallest may be made better by some of
yo^r strongest putt to it when it is used

For yo^r jaundies take 2 spoonfulls of this in
a glass of ordnary beere an houre before each
meale for 5 or 6 days together afterwards
less, and more seldome as once a day or once in
2 or 3 days as you find your selfe

Linfect water Compounded, M^{rs} Bathurst

Take a gallon of Aquavite steep it in a many flowers
of redd poppie as will make it of a good colour 24
houres, straine it out cleare & putt to it Nutmeggs
sliced an ounce, Ginger sliced 2 ounces Licorise sliced
an ounce cloves and large mace bruised of each halfe
an ounce Anniseeds bruised 4 ounces if you please
halfe an ounce of Cinamon bruised 1 Quince & y^e
summe stoned and figgs sliced of each a good handfull
white suger Candie beaten 4 ounces Infuse all these
in yo^r Aquavite for a month stopping it very close
and shaking it ^{very close} every day then straine it out and
putt it up in glasses hanging in y^e glasses a little
musk or amber greene take heed of filling y^e glass
too full. You may take an other gallon of Aquavite
wth poppie steeped in it as before and strained out

out cleare and putt it to yo ingrediantes after y^d other
Aquavite is strained out from them and it will make
a good water but not so strong as y^e first. when
you have powerd of y^e fornd Aquavite take all
manner of good Cordiall herbs, as Borage -
Bugle y^e spearmint wormwood Carduus Benedit
Coltsfoot sage Balm of Symper nall, of each a
handfull ^{yeastly} shred altogether and mingle them wth
y^e aforesaid Ingridients and distill them wth a
soft fyre yt makes an excolont Cordiall water
or lipp water

For y^e headache coming by
rhume or cold

Take an egg and Roast it hard pill it and slit
it in y^e middle take out y^e yolke and fill
up y^e hole wth grated Nutmegg and apply it
hatt y^e one halfe to y^e one side of y^e temple
and y^e other to y^e other side when you goe to
bed

To make y^e oyle of Charity

Take Camomile root sage Rosemary 4 parts, Lavender
and Hyssop 4 parts, Colendine Botany Driers Tongue tree
leaves plantain of each a handfull pick them clean &
chop them a little bigger then herbs for y^e pot putt
them into a quart of fallot oyle and sett them in a glass
in y^e sunne 9 days together stirring them well once a
day then put it out into a large dish sett it on a
Kendish of coales and lett it simmer there an houre
but not boyle stirring it some tymes then straine it out
as cleare as you can from y^e herbs and putt to it y^e
same quantity of y^e same herbs chopt as before and
lett them stand againe 9 days in y^e sunne then simmer
them an houre and straine them as before: putt to y^e oyle
soe strained 9 handfulls of valerians chopt and lett it simmer
an houre upon y^e coales wthout boyling then straine it out
and lett it settle then pour y^e cleare from y^e bottom
and keepe it for use wth y^e groundes you may make
a soare cloth melting yellow wax wth it,

The use of y^e oyle of Charity

for a straine lett y^e yet be anointed wth it warme and well
rubbed in y^e morning and evening and a piece of y^e soare
cloth layed on it It is good also for a bruse, for an
outward applyed outwardly, for an inward applyed inwardly
about a spoonfull, y^e same quantity soe taken stoppeth
bleeding it being use like Balsome to any greene wound
it may be healed wth any ordnary salve wth out fainting
It is very good for any ache in y^e bones as for shrinking of
sinews. It hath been given to a horse whose grease was melted
wth good success. It is y^e best made in y^e month of May

plague roset

Take the Agrimony wormwood & olonimo sage & Balahe Angelica
Mugwort & ormentill. Draggones pimpernell & ankerfuo
Puruel, sorrell & Cardus Marigould ^{crucifl. Hoop} flowers, of each a handfull
Rosemary 2 handfulls olerampane roots strapped halfe a
handfull Beat y^e herbs and stoops them in y^e best & anary
sack or loss of wind and strong Ale 3 dayes and 3 nightes
then take out a little of y^e sack in a pottenger and therein
dissolve y^e quantity of a wallnut of Motherivate or London
treacle and mingle it wth y^e best Ale therunto an ounce
of Amysodes bruise, then take y^e herbs lightly out of
y^e sack and distill them but not too dry. There will be
two ordinary stills full. Then putt y^e herbs ~~and~~
intoy^e sack againe and distill y^e sack and them together

Both y^e first & second distillations must be done very
loisurly It will be a full week in doing
There will come in all about 3 quarts of water y^e first
will be y^e strongest y^e last will be very small But very
good in an ordinary distemper

To make a woodsorrell Cordiall

Take one pound of loaf suger beaten and 2 ounces of y^e pink leaves
of woodsorrell beaten into a tanserie, add to it one ounce of
y^e best Motherivate mix it very well & keepe it for use
It is very good to drive any Malice from y^e heart

A very good Medicine for gripings

Take a quarter of a pint of white Amysodes water and halfe
a dram of powder of Rubarb and a pen worth of
saffron tie up in ~~a bag~~ a bagg and squeezed in it,
given warm, 2 or three takings wth a violent
gripping

A water for sore eyes

take one pennyworth of white cassia or
twice as much fine salt & a little more
then a pint of spring water beat
your cassia small & so put them all
into a silver bason & set it
in a chafin dish of charcole let your
fire be pretty hot you may let it stand
on the fire about half an hour & lift
it with stirring it will look muddy
but when you take it of the fire you
must let it stand to settle till it
be cleere before you bottle it use

after a bone is come out of a finger & it is more but when
the bone come out put in some aqua vita or balsome & if the
bone be fast it will presently be whole again & comfort sore
after a sore fall or bruise preserve with a little of this a private
boile balm in y^e milk powder of milk is balm upon y^e wound
or make it a good great sasset lot of partly a rich & lay care
with a balm in y^e best bruised place & it will both heale & crush
the colour of yellow blood as both bin oft tryed beat y^e balm
before you put it into y^e milk & if you can make y^e sasset so
is y^e best or at least sun sacle & if not strong ale
for any great blow on y^e eye apply cascade of bean flowers &
conservie of red roses mix together if y^e bean flowers be in
bloome only apply y^e bean flowers to it & change them often stamp
y^e flowers & mix them an egg well beaten
if any tumor falling into y^e eye it rise out of its place preserve
the y^e same of y^e same side of head neere it may well to be under
y^e tongue or y^e lachrymules set to y^e temples if y^e eye inflame y^e bean flowers or
conservie of roses it will much comfort y^e eye is sore treat outer wth little oil
strictly at y^e better with plantan water mixed into y^e eye

~~One of the best manuscript~~

Take of the best muscovado
C. k. best & rich secret of the
walnuts most excellent for man woman or child
in June or July when the walnuts is tender take
um and bruise them in a stone mortar with a wooden
pestle, then put them into a glass Linbeck with
Lisill & make them finer with a little fire
under a still for fear it tast of smoke or of
burning & keepe this water in glass bottles well
stopped & use it for every other use you want
of fine sugar & have a great cure on it

and if you take every morning in a broken
glass 2 fingers of this ether mingling with
a little white wine or as much of cruce white
that is as it is taken of the wine vessels
that will be upon a croion it cures all kinds
of cancers using of it a month or if to be
an old and malignant one: but if in the beginning
or when any one is lightly affected that

A conserve for a windy stomach
beat row with corraun till you have made
it into powder. Take of the same when
you find your stomach is windy the quality
of a wallnut its good against infection in the
morning fasting this good for them that
have consumptive coughs its good for a pain in the
stomach whether in man woman or child its good for
all sorts of colds

for a sore neck

toyle the heart sake of ch. in sking
sage will be very recommended it with
singe of violets wash the sore neck
with this either 3 or 4 times a day
if any of the above do no hurt; if there be
any canker in the mouth take the raw
of rose and sage take hard sage and gum
powder equal quantity mix all together
wash the mouth with the fore said water
and rub it with this after, dress the
neck in this manner 3 or 4 times a day;
a good to day gives

take 2 spoonfull of salutat that is tenced
through a lawn & once put it into a quart of
fair water add to it a nutmeg quarter of a
blade of mace a stick or 2 of good cinnamon
a few slices of ginger a piece of good butter
the bigness of a walnut put so much loaf sugar
in as to make it pleasant to eat and this be kept
on the fire together and boyle a quarter of
an hour constantly stirring it to keep it from
skimming; this is good for a sore throat
children if their be occasion to take it as the
take a pint of cream or new milk if it be with
you mix boyle a range of butter in it the bigness
of a walnut, and a piece of loaf sugar as big
again boyle it till it be almost half wasted when
you take it of the fire put into it yolk of an egg give it warm as
new milk

you may sleep with it if you have a mind:

an oymment for worms

take a handfull of wormwood
a handfull of rue a handfull of
camomile a handfull of lavender
cotton a handfull of southwold
a handfull of swin a handfull of
muscadels a handfull of penny-
royall shred them without wash-
ing and stalk them very well
boyle these very well in white
wine vinegar then strein it
out upon a garbets of a pint
of may butter then boyle them
all together and skim it well
then put it in a hott bask it close
coverd for your use you cannot
keep it longer then it will be good
for much annoynt the belly and stomach

all over very well against a
good fire lay upon it some
London brown paper of black-
est sort you can get you may
warm the paper over night
till it grow so drie as to break
up by peeces: the best time to
make use of this ointment is 3 days
before y^e full moon and 3 days before
the change - - -

To make maye butter

Take fresh butter put it into
a glass cover it very close that
neither weat nor mice may get to
it let it stand in the sun till it
turn white so keep it for your
use - - -

To make oyl of St Johns wort
Take flowers of St Johns wort put
them into a sack and let them stand
in the sun 3 or 4 days then strain it off
this will be called a green roound & it
may other things

Suger of Roses

take of redd rose leanes & whiter
being cut of & specially tried in the
sun an ounce to a pound suger a pound
melt the suger in rose water & juce
of roses of each 2 ounces, which being
concocted by degrees put in the rose
leanes in powder mix them, put it
upon a bottle and make it into lozings;

The vertues

it strenghtens weak stomakes weak
hearts and weak brains restores
such as are in consumption restores
lost strength stays fluxes, eases pain
in the head ears and eyes helps spitting
vomiting & rising of blood it is a fine
thing for a consecutive person to have
always about them to take when
they a bit

To make a Muste

Take 3 gallons of spring water 3 gallons
of pickt (muste) put to every gallon
of water 1 lb of sugar Stamp yow
(muste) very well before you put
them into the water hang it over
a quick fire and when it hath boyled
3 quarters of an houre put to it 3 ounces
of sirrup of Lemons take it off the fire
let it stand till it is cold as milk that
(may) come a Cowe & then put to it one
quart of good Ale yeast and let it stand
9 days to work & stirring it every of ten
and let it stand coole then strain out
the muste and put it into a vessell
(best) stoped and when it hath stood 3
weekes bottle it up putting in to every
bottle a lump of hard sugar & 3 Rofins

the best confection in the world to be
taken in time of malignant distempers

conserve of wood-vorrell 2 ounces
flowre of brimstone finely powdered
& diascordium, each 5 grains
saffron & grainees accorde half a scruple
sirup of wood-vorrell one ounce
make all into a confection; of which
take night and morning a quantity
of a nutmage with a small draught of
Rogiss ale after it;
this is to be given in the beginning
of small pox, or measles and by the
grace of God will prevent the distemper
from being mortall or infectious to the
party after wards

To make gooseberry Wine.

Take for every 3 pound of fruit, a pound of
Sugar, and a quart of fair water. Bruise y^e fruit
& steep it 24 houres in y^e water, then lett
y^e liquor run of through a haire cloth to
wh^{ch} add y^e sugar, then putt it in an earthen
Stoan close covered, a fortnight or 3 weeks
& then draw it into bottles well corked &
bound downe, at 3 monthes it will be ready
to drinke & during y^e 24 houres it must be
severall times stirred, / In y^e same manner
we make currants & Raspie Wine. But
our cherry wine differs, for we doe not
bruis y^e cherries but ston^e them & putt y^e
water & sugar together, & giue it a walme
over y^e fyre, then putt in y^e fruit, & lett it stow
in a gentle fyre, halfe a quarter of an hour
then lett y^e Liquor, runn without proofing
& use it as y^e other

the only cherries for this use are the
great Boarers. Murray & Hervey's, and
Murrelloes Black Mandarins. & John
Prodicant Cherries all these wines may
be putt in Runlets to work, but must
have some very smalls went till if working
be over.

To make Spricock Wine
Take 3 pound of sugar. & 3 quarts of
water lett them boile together and take
of y^e Scum when it arises, put in 6 pound
of Spricocks pared & stoned lett them boile
till they be tender then take them up
as when y^e Liquor is cold bottls it, you may
if you please lett y^e Liquor have a walme
with a spriggor. 2 of flowerd clary. when y^e
Spricocks are taken up it gives a good
flavour - the Spricocks make a good
service for y^e table for Lent spending

To make Cowslip Wine

Take 9 gallons of water & 14^{lb} of sugar
Boyle y^e water & sugar very well for
y^e space of an hour. Having putt into it y^e
whites of 8 eggs new laid & well beaten
scum it constantly. all y^e while it boyles
then take it & putt it into a tubb that is
sweet & cleane; then take a bushell of fyne
picked Cowslips. and beat them in a mortar
& putt them to y^e liquor, next morning. strain
them from the liquor, squeeze them ~~very~~
very hard then take y^e sweetest & crickest.
Ale yeast & spread it upon toasts of brown
bread hard toasted on both sides spread
when it begins to work putt in 2 or 3 bottles
of sack 1 bottle of Rhenish wine & y^e Juice
of 6 Lemmons & sum of the pill afterwards
lett it worke for a day and a night covered
close, then strain all y^e things out and put
it into a Runlett fitt for y^e quantity. you may
after it hath stood 2 or 3 weekes in y^e Runlett

Draw it out into bottles & putt a Lump of
Sugar into each Bottell then cork them
up well after it hath stood a month
drink it when you please it will keepe
a year very well.

For the biting of a mad dog or any venomous beast

Take y^e partie water, & boile it wth y^e bread
till it be thick. then putt in some turpentine
oile of Chamomels, or of red roses, or of white
Lillies, & soe make it into a poultice & apply it:
it will draw out the venime. Anoint y^e swelling
wth oyle of Balsome.

For the Jaundise.

Take a quart of Burned claret wine. & putt
into it an ounce of red sanders Rosemary and
Calme of each a sprigge Boile them together
till they be halfe a pint of y^est & last, and at
4 of y^e clock in y^e afternoon. If y^e party
be farre gone. take Ivory beaten to powder
and mix with it halfe y^e quantity of Saffron.

make it into little pills & take it in y^e pap of an
apple (3 or 4 at a time) after you have dined,

To cause sleep

Take 2 oz of Red poppy water, an ounce of Diascor-
dium and this all y^e hour of sleep.

For y^e Kings ouell

Take Barley flower, liquid pitch, wax & oil,
of each a like quantity mix altogether and sooth
it well, and putt into it a little wine of yarrow
herb, & stir it well about. Apply it to y^e good
playsternise

How to know y^e Kings ouell

Take a ground worme, a live, and lay it upon
y^e swelling or foot, and cover it wth a leaf if
it be y^e Kings ouell, y^e worme will change &
turne into earth. If not it will remain whole
and sound

For y^e stinging of a Bee or wasp

Take Borage leaves, Bruise them & apply them
to y^e place

For the Dropsy

The juice of oranges frequently used in all
y^e meats & drinks

For y^e stinging of an adder, snake
or other venomous creature

Take a red cork, apply y^e fundament of y^e cork
to y^e orifice of y^e wound and it will draw out
all y^e venom, y^e cork will immediately swell
and dy^e another

Cut a live porcupine in half and apply to y^e place
stung: it will draw out the venom
at nother.

A grimony brousd, and applyed helps man
or beast stung with an adder
For Drafness

Take woman's milke, make it luke warme
and bath your dard & hoire. both wth & wth out
then take a quart of malmsy. Cor old sack
& boile it wth cloves, and putt it into a stone
bottle. cover it close with a tenneth Lay
y^e dard to it so long as you can well endure it
y^e y^e steame may goe into y^e dard, then

take oyle of bitter Almonds, warme it
& supple y^e eare wth it as you did wth the womans
milk. Let 2 or 3 drops fall into y^e eare. Keeping
y^e head warme all y^e tyme you use it do this
for 8 or 10 dayes. If you be very Deaf

A water for y^e eyes.

Take a cream pott, or such alike pott, & make
it very cleane. Look how many gallons it holds,
take so many ounce of white vitrioll, when
there is any snow to be had, but y^e vitrioll
to fyne powder, put 2 or 3 handfulls of cleane
snow into y^e pott & putt it hard down wth y^e
hand, Then scatter a little of y^e said powder
theron. And so a layer of snow, and a little
powder, till y^e pott be full upheaped, & y^e powder
spent, observing always y^e snow be patted
Down as it is putt into y^e pott. Then cover y^e
pott wth a cleane linnen cloth, & sett it in
some collar when y^e snow & frost are gone
in y^e fields, you shall have y^e in y^e pott
dissolved, Then so dispose of y^e pott y^e
it may not freeze in frosty weather, nor
y^e stand to warme

when you have use of y^e water, powrd
out some of it by y^e help of a Tunnell
through a cleane linnen cloth
into a cleane glasse or pott, and use it as you
have occasion the longer you keep it the
stronger it is

for clearing and strenthning y^e eyes
you may drop it into them at any tyme
specially morning & evening

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etc.

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